



Nevada and ITCN New Food Choices 2009 Approved Foods List Effective October 1, 2009



Nevada and ITCN WIC Nutrition Program's "WIC Approved Food List"

NEW FOODS	DETAILS
Fruits and Vegetables	<ul style="list-style-type: none"> Any variety of fresh whole or cut fruit and vegetables, except white potatoes. Orange yams and sweet potatoes are allowed. No canned, frozen, or dried <i>No breaded vegetables, no fruits and vegetables from the salad bar, no fruit baskets, no party vegetable trays, and no ornamental or decorative fruits or vegetables such as chili peppers on a string, garlic on a string, gourds, or painted pumpkins.</i>
Whole Grain Bread	<ul style="list-style-type: none"> NO Organic NO Light Bread No Buns or Rolls Oroweat and Sara Lee Brands Only Loaf of Bread Up to 32 ounce packages Whole grain must be the first ingredient listed on the packaging.
Brown Rice	<ul style="list-style-type: none"> NO Organic NO Bulk NO Ready to Serve NO Boil in a Bag 14, 16, 24 and 32 ounce bags or boxes allowed Instant, Quick, or Regular Cook Time Short or Long Grain
Tortillas	<ul style="list-style-type: none"> NO Organic Whole Wheat and Corn Only Up to 32 ounce packages Brands <ul style="list-style-type: none"> Tia Rosa Corn Tortillas Tia Rosa Whole Wheat Tortillas Mission Corn Tortillas Mission Multi Grain Wraps Mission Multi Grain Flour Soft Taco Tortillas

Tofu	<ul style="list-style-type: none"> • NO Organic • Plain, calcium-set tofu, which is: • Firm and medium • Refrigerated, water-packed only • Brands: Asumaya House Premium
Soy Beverage	<ul style="list-style-type: none"> • Pacific Ultra Soy, Plain, shelf stable • Pacific Ultra Soy, Vanilla, shelf stable Quart size (32 oz container) • 8th Continent Soymilk, Original Half Gallon (64 oz container)
Canned Sardines	<ul style="list-style-type: none"> • ANY BRAND • 3.75 ounce can or larger • Packed in water, oil, mustard, or ketchup • No Added Seasonings
Baby Food Fruits and Vegetables	<ul style="list-style-type: none"> • NO Organic • ANY BRAND • Step 2 Only • Single Fruits or combinations of fruits in 3.5-4 ounce containers • Single Vegetables or combinations of vegetables in 3.5-4 ounce containers
Baby Foods Meats	<ul style="list-style-type: none"> • NO Organic • ANY BRAND • Step 1 or Step 2 • Added broth or gravy allowed • MEATS Beef Chicken Ham Lamb Turkey Veal
CURRENT FOODS	DETAILS
Milk	<p>Least expensive brand of these types of unflavored, pasteurized non-organic milk in quarts, half gallons and gallons:</p> <ul style="list-style-type: none"> • Whole (3.5%), reduced (2%), low fat (1%) or skim (non-fat) Vitamin A and D fortified • Acidophilus and lactobacillus • Lactose-free and lactose-reduced (e.g. Lactaid) • Fluid Shelf Stable • Dry Vitamin A and D fortified • Evaporated milk • Fresh or Evaporated Goat's Milk

Cheese	<p>Any brand of these types (or combination of the listed types) of non-organic cheese in 16 ounce package only:</p> <ul style="list-style-type: none"> • Cheddar • Colby • Longhorn Style • Jack • Mozzarella (regular or string) • Processed American <p>Cheese may be:</p> <ul style="list-style-type: none"> • Blocked, sliced, or mixed • Regular, Reduced Fat, Low Fat, or Fat Free
Eggs	<ul style="list-style-type: none"> • Least Expensive Brand • Grade AA • Dozen only • Chicken Eggs Only • Large (substitution of Medium size eggs is allowed only when large eggs are not available) <p>Hardboiled eggs will remain authorized for participants that have inadequate storage/cooking.</p>
Dried beans, peas, or lentils	<ul style="list-style-type: none"> • Any brand • 16 ounce bag
Peanut Butter	<p>Any brand of these types of non-organic peanut butters in 16 to 18 ounce containers :</p> <ul style="list-style-type: none"> • Creamy • Chunky • Extra chunky • Salted or unsalted
Cereal	<p>12 ounce boxes or larger 36 ounce box maximum</p> <p>Cold:</p> <ul style="list-style-type: none"> • General Mills Cheerios Regular (WG) • General Mills Multi Grain Cheerios (WG) • General Mills Kix • General Mills Honey Kix (WG) • General Mills Chex <p><i>Multi Bran</i> <i>Wheat (WG)</i> <i>Corn</i> <i>Rice</i></p> <ul style="list-style-type: none"> • Kellogg's Corn Flakes

	<ul style="list-style-type: none"> • Kellogg’s Frosted Mini-Wheats Regular or Bite Size (WG) • Post Banana Nut Crunch • Post Grape Nuts (regular only) (WG) • Post Honey Bunches of Oats (Honey Roasted or Almonds) • Quaker Oats Life (regular only) (WG) • Cinnamon Quaker Oatmeal Squares (WG) <p>Hot:</p> <ul style="list-style-type: none"> • Quaker Oats Oatmeal (WG) Instant Mix n Eat, regular flavor only • Nabisco Cream of Wheat (Any cooking time except instant) • Nabisco Cream of Wheat Whole Grain (WG)
Infant Formula	<ul style="list-style-type: none"> • Formula with iron (unless specified otherwise). Must be exact item on printed Food Instrument.
Infant Cereal	<p>8 ounce boxes of Dry Gerber infant cereal. (unless otherwise specified on Food Instrument)</p> <p>May be: <i>Whole Wheat (WG), Barley, Rice, Oatmeal, or Mixed</i></p> <p>NO organic, single serving, or added fruit.</p>
<p>Juice - 64 ounce bottles or carton, single strength</p> <p>Note: This container size is for children only</p>	<p>100% Fruit Juice</p> <p>Apple Juice:</p> <ul style="list-style-type: none"> • Seneca (Red Label only) • Tree Top (Green Label only) <p>Grape:</p> <ul style="list-style-type: none"> • Welch’s White Grape • Welch’s Purple Grape <p>Orange and Pineapple:</p> <ul style="list-style-type: none"> • Least Expensive Brand <p>Vegetable</p> <ul style="list-style-type: none"> • V8 <p>Regular or Light and Tangy.</p>
<p>Juice – 11.5 or 12 ounce cans, frozen or “pourable” concentrate</p> <p>Frozen and pourable juices reconstitutes to 48 fluid ounces.</p>	<p>100% Fruit Juice</p> <p>Apple Juice:</p> <ul style="list-style-type: none"> • Seneca (Red Label only) • Tree Top (Green Label only) <p>Grape:</p> <ul style="list-style-type: none"> • Welch’s White Grape • Welch’s Purple Grape

<p>Note: This container size is available to women only.</p>	<ul style="list-style-type: none"> • Welch's White Grape Cranberry • Welch's White Grape Raspberry • Welch's White Grape Pear • Welch's White Grape Peach <p>Orange and Pineapple:</p> <ul style="list-style-type: none"> • Least Expensive Brand
<p>Tuna</p>	<p>Any Brand Chunk Light</p> <ul style="list-style-type: none"> • Packed in water • 5 ounce cans or larger • Must be light tuna